Humility vs. Pride: Strength in Christ's Example



Discover how true strength lies in humility, following Jesus' example to overcome pride and serve others with a humble heart.





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Introduction

Welcome to your 3-day Bible study on humility versus pride! In the journey of adolescence, it's common to wrestle with feelings of self-importance and the urge to be noticed or praised. Our culture often glorifies pride and personal achievement, but the Bible reveals a different path—the path of *humility*. Though it might seem like a weakness at first glance, humility is actually one of the greatest strengths a teen can cultivate.

Jesus Himself is our perfect example. Though He was the Son of God, He chose to live a humble life, putting others first and serving with love and grace. His humility wasn't about thinking less of Himself but about thinking of Himself less. This study will explore what the Bible says about humility and pride, helping you understand why being humble is powerful and how it affects your relationships with God and people around you.

As you go through these three days, invite the Holy Spirit to guide your heart and mind. Reflect sincerely on the areas where pride may sneak in and ask God to teach you the strength of humility. Embracing humility is not only about avoiding arrogance—it's about growing to be more like Christ each day. Let's begin this journey toward a heart that honors God and lifts others up.







Day 1: 7 Understanding True Humility









Day 1: 🍞 Understanding True Humility

Your Verse

Philippians 2:3 – "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."

Supporting Scriptures

- Proverbs 16:18 "Pride goes before destruction, a haughty spirit before a fall."
- James 4:6 "God opposes the proud but shows favor to the humble."







Day 1: 7 Understanding True Humility

Devotional: Humility: Valuing Others Above Yourself

Humility starts with how we view ourselves and others. Philippians 2:3 reminds us to value others above ourselves, not acting out of selfish ambition. This means recognizing that we aren't the center of the universe—even as teens learning about who we are and where we fit—it's important to remember that others matter just as much. Pride, on the other hand, is a dangerous trap. Proverbs 16:18 warns that "pride goes before destruction," showing us that arrogance can lead to serious consequences.

Humility isn't thinking less of yourself; it's thinking of yourself less and honoring God's design for community and love. It brings us peace, helps us grow closer to God, and allows stronger, more meaningful relationships. *Today, ask yourself:* How can I value others more, even when it's challenging?







Day 1: 🎖 Understanding True Humility

Reflect and Apply

1.	What are some ways pride has shown up in my life recently?
2.	Why do I find it hard sometimes to put others' needs before my own?
3.	How does understanding humility as strength change my perspective?







Day 1: 🎖 Understanding True Humility

Journaling Prompts

1.	Write about a time when acting humbly helped a relationship.
2.	List areas where you struggle with pride and ask God for help.
3.	Describe what valuing others above yourself looks like in your daily life.







Day 1: 7 Understanding True Humility

Prayer for Today

Dear God, *thank You for teaching me what true humility looks like through Jesus.* Please help me to see others as You see them and to put their needs before my own. Guard my heart against pride and teach me to serve with joy and love. Give me courage to choose humility when it's hard and to grow in Your strength every day. Amen. \bigwedge \bigvee \bigwedge

















Your Verse

John 13:14–15 – "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you."

Supporting Scriptures

- Matthew 20:26–28 "...whoever wants to become great among you must be your servant."
- Philippians 2:5-7 "In your relationships with one another, have the same mindset as Christ Jesus... He made himself nothing."







Devotional: Following Jesus: Servant Leadership

Jesus demonstrated humility by serving others in ways that were unexpected and selfless. In John 13, He washed His disciples' feet—a task usually done by the lowest servant. This act was profound; Jesus, the Messiah and King, humbled Himself to serve those closest to Him.

As teens, we might feel pressured to be noticed and admired, but Jesus shows us that greatness comes through serving others sacrificially. Matthew 20:26–28 reminds us that to be great, we must be servants. Following Jesus' example means putting others before ourselves, showing kindness without expecting recognition.

Consider how Jesus humbled Himself by setting an example not only in words but in actions. How can you imitate this example this week?







Day 2: **(**) Jesus' Example of Humility

Reflect and Apply

1.	What does it mean for me to serve others like Jesus did?
2.	How can I show humility in my friendships or family?
	In what ways has pride prevented me from serving others wholeheartedly?







Day 2: **(**) Jesus' Example of Humility

Journaling Prompts

1.	Write about someone you can serve this week and how you might do it.
2.	Reflect on Jesus' attitude of humility and what it teaches about strength.
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3.	Describe a time you saw humility positively impact a group or community.







Day 2: **(**) Jesus' Example of Humility

Prayer for Today

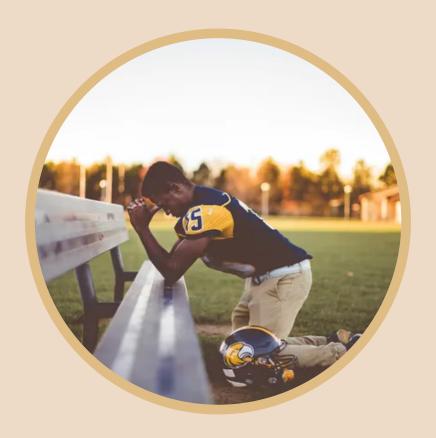
Lord Jesus, *thank You for humbling Yourself and serving others so beautifully.* Help me to follow Your example by choosing to serve, even when it's inconvenient or unnoticed. Teach me to lead with love and humility, putting others' needs above my own desires. May my actions reflect Your heart every day. Amen.







Day 3: 🎇 Embracing Humility as Strength









Day 3: X Embracing Humility as Strength

Your Verse

Micah 6:8 - "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

Supporting Scriptures

- 1 Peter 5:5 "All of you, clothe yourselves with humility toward one another."
- Romans 12:3 "Do not think of yourself more highly than you ought..."







Day 3: 🎇 Embracing Humility as Strength

Devotional: Walking Humbly: Strength in God's Way

Humility is not weakness but a powerful way to live aligned with God's will. Micah 6:8 calls us to walk humbly with God, showing mercy and justice in our lives. When you embrace humility, you open your heart to God's guidance and experience freedom from the burden of selfish pride.

This strength allows you to build deeper friendships, learn from mistakes, and grow spiritually. Sometimes humility means admitting when you're wrong or asking for help — these are not signs of failure but of courage.

Today, reflect on the freedom and joy that come from living humbly with God. How can you make humility a daily practice that empowers rather than diminishes you?







Day 3: 🗱 Embracing Humility as Strength

Reflect and Apply

1.	How has walking humbly with God affected my life so far?
2.	What fears or doubts hold me back from fully embracing humility?
3.	How can I practice humility in difficult situations this week?







Day 3: 🗱 Embracing Humility as Strength

Journaling Prompts

1.	Write about how humility has helped you grow spiritually or emotionally.
2.	List specific ways to walk humbly with God in your everyday life.
3.	Journal about moments when humility brought peace or clarity.







Day 3: 🎇 Embracing Humility as Strength

Prayer for Today

Gracious Father, thank You for inviting me to walk humbly with You. Help me to see humility as the strength and freedom You designed it to be. Teach me to act justly, love mercy, and trust Your guidance every day. May my heart be soft, my spirit willing, and my walk with You steady. Amen. \triangle







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